



THE BEACON

FEBRUARY 2004

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Command Representative Program

This program makes it easy for any command at Naval Air Station Pensacola to understand and utilize available Fleet and Family Support Center (FFSC) services which in-turn improves education, readiness, morale and retention.

Each command has an individual representative at the FFSC. That person's job is to be the point of contact between the command and the FFSC.

A letter of introduction should have already been received by your command explaining who your Command Representative is and what the program is about. Upon request, an introduction can be given on FFSC programs and services available. We will ask for feedback on what your command would like from the FFSC. Each command should assign a point of contact to work with their FFSC representative.

If your command includes ten or more military service members and you do not know who your command representative is, please contact FFSC at 452-5990.



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TRANSITION ASSISTANCE PROGRAM

The DoD Transition Assistance Program was designed by the Department of Defense to smooth the transition of military personnel, civilian employees, and their family members from government service. It's your best chance for success in the next stage of your life. Whether you're retiring, going back to school, or looking for a new career, success requires planning and resources. The DoD Transition Assistance Program is here to help. To better prepare for your transition, it is recommended that retiring service members plan to attend a Transition Assistance Program (TAP) workshop one to two years out. Separating members (those who are not retiring) should attend six months to one year out. *It's your Future!* Contact the TAP Office at 850-452-5990 ext 126 for more information.

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Stress Management 0900-1100 Financial Planning 1100-1200	3 Transition Assistance Program 0800-1600 Positive Parenting 1400-1600 Spouse Employment 1730-2030	4 Transition Assistance Program 0800-1600 Smooth Move 0900-1100	5 Transition Assistance Program 0800-1600	6 Transition Assistance Program 0800-1600 Divorce Workshop 1000-1100
9 Stress Management 0900-1100 Credit Management 1100-1200	10 Positive Parenting 1400-1600 Career Life Planning 1730-2100	11 Resume Writing 0900-1100 Starting Your Own Business 1300-1500 Career Life Planning 1730-2100	12 Mom-To-Be 1400-1530 Career Life Planning 1730-2100	13 Anger Management 0900-1200
16 HOLIDAY FFSC CLOSED	17 Spouse Employment 0830-1100 Positive Parenting 1400-1600 Ombudsman Training 1800	18	19 Terrific Toddlers 1000-1200	20 Divorce Workshop 1000-1100
23 Stress Management 0900-1100 TSP/CSB Redux 1100-1200	24	25 Sponsor Training 0900-1100	26 Mom-To-Be 1400-1530	27
Car Buying Class Is available. Contact FFSC at 452-5990		Home Buying Class Is available. Contact FFSC at 452-5990		Prevent Classes are available. Contact FFSC at 452-5990.

Registration for classes is required. To register, call 452-5990, ext. 104.

FINANCIAL EDUCATION

Financial Planning

Time is costing you MONEY! Why wait any longer to start your Savings & Investment Plan? Learn the basics of savings and how to start building your investment portfolio.

Credit Management

Planning to make a major purchase or just curious about your credit? Your credit report and your financial history should not be a mystery. Learn how to better maintain your credit file, correct inaccuracies through the major credit bureaus, and prevent identity theft.

Car Buying

Let us help you take the headache out of purchasing your next new or used vehicle. Do your homework before you pull into the dealer's lot. This class will help you learn the right way to purchase your next automobile.

REDUX and the \$30,000 Bonus

Service members, who joined after 31 July 1986 and reach their 15th year of service, have options to consider. Be informed.

RELOCATION ASSISTANCE

Sponsor Training

The Command Coordinator assigns a sponsor to new arrivals and their families. Sponsorship is an important responsibility and your efforts can make a difference in the transition to a new command. This class provides information for the sponsorship role.

Smooth Move

If you are moving soon, you do not want to miss this informative workshop. Topics discussed include Household Goods, Personnel Support Division, Housing, Legal, and Fleet and Family Support Center. Come and learn about your PCS entitlements!

Cultural Adaptation

Avoid culture shock after you arrive at your new overseas duty station!! Learn what is and is not acceptable in the country. Bring your spouse along to this one-on-one session.

PARENTING

Positive Parenting

Being an effective parent is one of the most rewarding tasks in life and is one of the most challenging. STEP (Systematic Training for Effective Parenting) provides a practical approach to raising children. This class will guide you to a philosophy of child training that more than three million parents have found to be effective.

Terrific Toddlers

Parenting a toddler is not for the weak and it is said that there is strength in numbers. Join us for a fun morning of activities, stories and information on development, discipline, potty training, temper tantrums and many more topics.

TRANSITION ASSISTANCE

Transition Assistance Program

A four-day veterans' benefit information and employability skills seminar for retiring and separating military members and their spouses. Reservations must be made through your Career Counselor.

Resume Writing

Learn how to market yourself effectively through a well-written resume. Our resume specialists can help you convert your military skills to civilian skills.

Starting Your Own Business

The Small Business Development Center, along with the University of West Florida, is offering a monthly series of workshops about starting your own business. A different topic will be explored each month.

SPOUSE EMPLOYMENT

Career Life Planning

This class teaches you the fundamentals of finding the hidden job market and marketing yourself for a better job. This class is a three part series including skills assessment, resume building, marketing tools, and assistance in achieving a competitive edge in today's job market.

Spouse Employment Intake

This is a group intake that is designed to assist the military spouse in gaining a better understanding of the local job market. It includes information on federal job hunting, resume writing and volunteering. If you have a resume, please bring it with you.

GENERAL LIFE SKILLS

Anger Management

How is anger affecting you and/or your relationships? This three hour workshop will illustrate the differences between anger, assertiveness, stress, and aggression. You will also learn general skills and practical techniques for managing anger.

Stress Management

Stress can damage your health, both physically and mentally. Learn how to recognize stress and become more productive, happier, and healthier.

Couples Class

Learning about each other, different relationship styles, gender differences, expectations, and how to make a relationship work. With an emphasis on growth, fun and friendship.

Divorce Workshop

The Naval Legal Service Office at NASP will be conducting on-going workshops for those involved in or anticipating a divorce to learn the legalities of divorce. Also discussed will be the legal aspects of non-support.

Fleet and Family Support Center, Building 625, Naval Air Station, Pensacola
Phone: (850) 452-5990, DSN 922-5990
Hours: 0700 to 1700, Monday - Thursday and 0700—1600, Friday

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OMBUDSMAN ASSEMBLY

**All area Ombudsmen are requested to attend this quarterly
meeting**

**At the Fleet and Family Support Center, Bldg 625,
NAS Pensacola.**

**February 17, 2004
Starts at 1800**

Come and share the latest information

Contact FFSC at 850-452-5990 for more information